



E-CIGARETTES: MYTH VS REALITY

Myth: E-cigarettes produce a harmless water vapor.

Reality: E-cigarettes produce an aerosol that has nicotine and toxins known to cause cancer. These toxic chemicals include things like benzene, lead, and nickel, some of the same products found in tobacco products. The chemical diacetyl, found in many e-cigarette flavors, is linked to serious lung disease.

Myth: E-cigarettes are safe.

Reality: E-cigarettes are not a risk-free product. They contain nicotine and low levels of toxins and chemicals. E-cigarettes are especially dangerous for teens, whose brains are still developing. Teens who use e-cigarettes are at risk for nicotine addiction, mood disorders, difficulty paying attention, reduced impulse control, and learning problems.

Myth: E-cigarettes are not addictive.

Reality: Nicotine is a highly addictive drug. Nicotine is the main ingredient in most e-cigarette liquids.

Myth: E-cigarettes can help people quit tobacco.

Reality: E-cigarettes are not approved by the FDA to help people quit tobacco. In fact, e-cigarette use among youth and young adults is strongly linked to the use of other tobacco products, such as traditional cigarettes, cigars, and smokeless tobacco.

Myth: Big Tobacco doesn't make e-cigarettes.

Reality: All major tobacco companies now make e-cigarettes. In fact, the maker of Marlboro cigarettes just bought a 35% share in JUUL Labs.

Need help quitting?

Visit www.quitnowkentucky.org!

Sources

1. U.S. Department of Health and Human Services, in partnership with the Office of the U.S. Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health. Know the Risks: E-cigarettes & Young People, 2018. <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html> [Accessed 1/2019].
2. Telford, Taylor. Altria, maker of Marlboro cigarettes, invests \$12.8 billion in Juul. Washington Post. December 20, 2019.

